

Rec Connect

THE WAKE FOREST PARKS & RECREATION PROGRAM BROCHURE

JANUARY FEBRUARY MARCH APRIL MAY 2009

Enhancing our community's quality of life - one resident at a time!



December 1 Class Registration Begins

February 2 Baseball/Softball/T-Ball Registration Begins

March 28 Easter Egg Hunt

www.wakeforestnc.gov/parksrecreation.aspx

Mission Statement

The **Wake Forest Parks & Recreation Department** seeks to enhance the lives of the citizens of Wake Forest by offering a comprehensive system of parks, greenways, facilities, and open spaces, coupled with cultural and athletic programs that promote education, health, and wellness.

Registration Information

Registration Process

- Complete one registration form per participant.
- Please print all information.
- Non-residents pay additional fee for athletic programs and swim lessons.
- Read and sign all appropriate forms.
- Make full payment.

Note: The Wake Forest Parks & Recreation Department reserves the right to alter schedules, fees, and instructors as necessary. Classes are subject to cancellation when minimum enrollment has not been reached. Classes are subject to instructor availability.

Class Registration

Registration begins **Dec 1, 2008** for all classes. You must complete a class registration form to register for a class. *Mail-in and walk-in registrations are accepted.* Full payment must be made at the time of registration. Class registrations will be accepted up to two days before the program's start date.

Class Refund Policy

Class fees are 100% refundable when the class is canceled by the Wake Forest Parks and Recreation Department. Anyone wishing to withdraw from a class that has not been cancelled by the department must request a refund in writing at least five business days before the start of the class. Refunds will not be given for withdrawals made less than the five working day period other than for verified medical/hardship cases.

Mail-In Registration - Athletics

Athletics registration forms will only be accepted during the advertised registration period. Early registrations will not be accepted. Athletic registration forms may be submitted by mail but must be post-marked no later than the last day of registration. Forms available during registration periods only. Birth certificates are required at the time of registration.

Walk-In Registration - Athletics

Walk-in registration will occur during normal business hours (Monday through Friday, 8 am until 5 pm) See registration dates for Athletic Programs.

Athletic Refund Policy

Anyone withdrawing from an athletic program must request a refund in writing before a refund will be processed. Refunds are 100 percent refundable if requested before participant's first assigned team practice. After the first week of practice, refunds will not be granted.

Non-Resident Fees

Anyone residing outside the corporate limits of the Town of Wake Forest is encouraged to participate but will be assessed an additional non-resident fee.



Wake Forest Parks & Recreation Directory

Mailing Address:Town of Wake Forest
Parks & Recreation Department
401 Elm Avenue
Wake Forest, NC 27587

Office HoursMonday-Friday
8 am-5 pm

Web Addresswakeforestnc.gov

Administration/Recreation Office 919.554-6180

Fax 919.556.2063

Recreation Line 919.554.6185

Facility Maintenance Division 919.554.6184

Flaherty Park Community Center 919.554.6726

Recreation Center Supervisor Beth Jones

Recreation Center Supervisor Charles Grant

Recreation Center Supervisor Gloria Crudup

Recreation Center Supervisor Stella Daniska

Parks & Recreation Director Susan Simpson
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Facility Maintenance Specialist Gary Kirkwood

Facility Maintenance Specialist Terry Medlin

Facility Maintenance Specialist Timothy McKenzie

Facility Maintenance Specialist Mickey Rochelle

Parks & Facilities

J.B. Flaherty Park

Located at 1226 N. White St., this 100-acre park houses three lighted baseball and softball fields, a restroom/storage building, a playground, a two-acre dog park, eight lighted tennis courts, two picnic shelters, two ponds, and a community center. The center has a regulation high school gymnasium, arts and crafts room, game room, and a meeting room with a small kitchen.

Ailey Young Park

Ailey Young Park is a 15-acre neighborhood park located at 800 Juniper Ave. The park houses one ball field, two basketball courts, a playground, and picnic tables.

Holding Park

Located at 133 W. Owen Ave., this five-acre facility is located in the middle of town just off South Main Street. Holding Park features the **Wake Forest Community House** and the Town's 50-meter swimming pool. Holding Park pool is open during the summer months and offers swimming to the general public, as well as water aerobics, swim lessons, lap-swim times, and parent-child swim times. The park also has a playground featuring five slides and swings. Picnic tables are available, as well as a basketball court. Adjacent to this park is **Forrest Field**, which the Town leases from the Wake County School System for baseball and softball league use.

H.L. Miller Park

Located behind Town Hall at 401 Elm Ave., this two-acre wooded park offers paved trails throughout the park and several picnic tables.

Kiwanis Park

Kiwanis Park is located at 400 E. Holding Ave. This one-acre recreational area features a playground, picnic shelter, and a paved greenway trail adjacent to the park.

Plummer Park

Plummer Park is a half-acre park located at 965 Jones Wynd within the Crenshaw Manor subdivision. Plummer Park offers a playground and a picnic shelter.

Smith Creek Soccer Center

Smith Creek Soccer Center, 690 Heritage Lake Rd., is a 17-acre facility located within the Heritage Subdivision. This facility houses three full-size soccer fields, a playground, and a picnic shelter.

Taylor Street Park

A one-and-a-half-acre park located at 416 N. Taylor St., this site is home to the **Alston-Massenburg Center**. The park is newly renovated with swings, slide, excavators, X-wave, picnic shelter, bench swing, seat wall, paved walking path, and garden areas.

Tyler Run Park

Tyler Run Park is a nine-acre facility located at 830 Pineview Dr., within the Tyler Run/Holding Ridge subdivision. The park features a tee-ball field, basketball court, picnic tables, greenway trail, and a playground specifically designed for children ages 2-5.

All parks are open to the general public from dawn to dusk unless otherwise posted. Facilities are programmed and scheduled by the Parks & Recreation Department.

Wake Forest Community House

The Wake Forest Community House is located at 133 W. Owen Ave. and is available for rent for family reunions, weddings, wedding receptions and other activities. Call 919. 554.6180 for more information.

Hours:	Fri-Sun	7 am-midnight
Daily rental:	\$250	
Deposit:	\$50	



Alston-Massenburg Center

Located within the Taylor Street Park at 416 N. Taylor St., the Alston-Massenburg Center is available for rent for weddings, wedding receptions, family reunions, and other activities. Call 919.554.6180 for more information.

Hours:	Fri-Sun	7 am-midnight
Daily Rental:	\$60	
Deposit:	\$40	



Special Events

Hansel & Gretel

Rags to Riches presents "Hansel & Gretel." Shows are co-sponsored by the Wake Forest Parks & Recreation Department and United Arts of Raleigh and Wake County.

Location: Wake Forest Community House

Fee: Free

Mar 19 Thu 2:30 & 4pm

Easter Egg Hunt (ages 12 and younger)

Over 3,000 eggs will be hidden, including several golden eggs, which will bring a special prize. This event is co-sponsored by the Wake Forest Parks & Recreation Department and the Wake Forest Athletic Association.

Location: Holding Park

Fee: Free

Mar 28 Sat

Times: Ages 9-12 1:30pm
Ages 5-8 2:15pm
Ages 4 and younger 3pm

Salsa Cinderella

Grey Seal Puppets will present "Salsa Cinderella". Come with us as we take a fresh look at the story of Cinderella retold with south of the border flavor. Shows are presented for the students of Heritage Elementary and are sponsored by the Wake Forest Parks & Recreation Department and United Arts of Raleigh and Wake County.

Location: Heritage Elementary School

Fee: Free

Apr 17 Fri 8:30 & 9:30 am

Tangle of Tales

Grey Seal Puppets will present "Tangle of Tales" at the 2009 Herb Festival. Three shows rolled into one from around the world, including "The Frog Prince," "Billy Goat's Gruff," and "The Three Little Pigs." The show is cosponsored by the Wake Forest Parks & Recreation Department and United Arts of Raleigh and Wake County.

Location: Festival Park, 527 S. White St.

Fee: Free

Apr 18 Sat 11am



Concert in the Park - Artist to be announced

Join us at our new venue for this popular event offered by PineCone. Co-sponsored by the Wake Forest Parks & Recreation Department and United Arts of Raleigh and Wake County. Bring a lawn chair or blanket and enjoy the two-hour concert.

Location: E. Carroll Joyner Park

Fee: Free

Jun 7 Sun 3-5 pm

Preschool Programs



Jumpstart Toddler Montessori (ages 18 months-3 years)

Come explore the wonderful world of learning. You can guide your children through our classroom full of educational stations from math and science centers featuring counting bears and enormous popping bubbles to language arts centers. Each week students will be exposed to new educational concepts as well as exploring "social" stations full of building blocks, cooking centers, train sets, puppets, and even a toddler-size bounce house. Help your toddler get a jump start on preschool. Gourmet coffee will be served to parents. **Parent participation required.**

Location: Flaherty Park Community Center

Instructor: Rhonda Felton

Fee: \$48 per session

Jan 15-Feb 19 Thu 10:15-11am
Mar 5-Apr 9 Thu 10:15-11am
Apr 23-May 28 Thu 10:15-11am

Preschool Programs *continued*

Winter Wiggles by Moving to the Music (ages 18 months-3 years)

Shake those winter blues in this song-and-dance class. Your children will learn about the winter season and many special cold weather animals through creative ways. Each child will receive a CD of the music used in our class. **Parent participation required.**

Location: Flaherty Park Community Center

Instructor: Rhonda Felton

Fee: \$48 per session
 Jan 15-Feb 19 Thu 11:15-Noon
 Mar 5-Apr 9 Thu 11:15-Noon

Toddler Art (ages 18 months-3 years)

You and your child will enjoy exploring the world of art through many projects and story telling adventures. **Parent participation required. No class on Jan 19.**

Location: Flaherty Park Community Center

Instructor: Maureen Seltzer

Fee: \$48 per session
 Jan 12-Feb 9 Mon 11:45-12:30pm
 Feb 23-Mar 16 Mon 11:45-12:30pm
 Apr 20-May 11 Mon 11:45-12:30am

Springtime Melodies by Moving to the Music (ages 18 months-3 years)

We will explore the magic of spring through song, dance, and dramatic play for tiny toes. Your child will learn about spring showers, rainbows, the seed cycle, and many other concepts as we sing and dance our way through the season. Special events include musical crafts, parachute games, and puppet shows. Each student will receive a CD of the music from class. **Parent participation required.**

Location: Flaherty Park Community Center

Instructor: Rhonda Felton

Fee: \$48 per session
 Apr 23-May 28 Thu 11:15-Noon

Once Upon a Time-for Pint-Sized Princesses (ages 3-6)

Dress up in your most beautiful princess costume and come on over for a magical time featuring all things fairytale. We will be sharing princess tales, making glittery princess crafts, hosting our own princess tea party, and much more. **Parent participation required.**

Location: Flaherty Park Community Center

Instructor: Rhonda Felton

Fee: \$48 per session
 Jan 15-Feb 19 Thu 12:15-1pm
 Mar 5-Apr 9 Thu 12:15-1pm
 Apr 23-May 28 Thu 12:15-1pm

Bug Buddies (ages 3-6)

Crawl on over to our miniature world of spiders, insects, and snails. Your children will befriend these tiny creatures as they create imaginative crafts, share stories and learn to appreciate the amazing lives of bugs. **Parent participation required.**

Location: Flaherty Park Community Center

Instructor: Rhonda Felton

Fee: \$48 per session
 Jan 15-Feb 19 Thu 2-3pm

Rockin' Reptiles and More (ages 3-6)

Glimpse into the world of some of the coolest creatures on the planet: Kids will learn about the life cycles and habitats of some amazing reptiles and amphibians. One-of-a-kind craft projects will showcase what children have learned. **Parent participation required.**

Location: Flaherty Park Community Center

Instructor: Rhonda Felton

Fee: \$48 per session
 Mar 5-Apr 9 Thu 2-3pm

It's a Small World (ages 3-6)

You and your child can travel the globe as we learn about different cultures around the world. Each week we will learn about an area of the world through literature, food tasting, song and dance. Your children will then create a unique craft project to showcase what they have learned. **Parent participation required.**

Location: Flaherty Park Community Center

Instructor: Rhonda Felton

Fee: \$48 per session
 Apr 23-May 28 Thu 2-3pm

Preschool Art (ages 3-5)

Students will learn to enhance social interaction and develop vocabulary through art projects and story-telling activities. **No class on Jan 19.**

Location: Flaherty Park Community Center

Instructor: Maureen Seltzer

Fees: \$48 per session
 Jan 12-Feb 9 Mon 10-11:30am
 Jan 12-Feb 9 Mon 1-2:30pm
 Feb 23-Mar 16 Mon 10-11:30am
 Feb 23-Mar 16 Mon 1-2:30pm
 Apr 20-May 11 Mon 10-11:30am
 Apr 20-May 11 Mon 1-2:30pm

Preschool programs continued on the next page.

Preschool Programs *continued*



Creative Dance Movement (ages 3-5)

An introduction to dance using the fundamentals of ballet and tap for growing children. We will use creative movement allowing

children the freedom to create while still learning the beginnings of the classical side of dance. Students will demonstrate for their parents, but this is not a parent/child program. **Class requirements: Flexible clothing, pink ballet slippers for girls, and black jazz shoes for boys. No class Apr 10.**

Location: Flaherty Park Community Center

Instructor: Jessica Marshall

Fees: \$45 per session

Jan 23-Feb 27 Fri 10-10:30am

Mar 6-Apr 17 Fri 10-10:30am

Ballet I (ages 4-6)

Students will learn stretching, technique, and movements to encourage flexibility, dexterity, poise, grace, balance, and self confidence through their own movements. Students will demonstrate for their parents, but this is not a parent/child program. **Class requirements: Flexible clothing.**

Location: Flaherty Park Community Center

Instructor: Jessica Marshall

Fees: \$45 per session

Jan 23-Feb 27 Fri 10:45-11:30am

Ballet II (ages 4-6)

A continuation of Ballet I designed to increase the students knowledge of patterns, turns, and choreography while reinforcing the basics. **Class requirements: Flexible clothing and must have completed Ballet I. No class Apr 10.**

Location: Flaherty Park Community Center

Instructor: Jessica Marshall

Fees: \$45 per session

Mar 6-Apr 17 Fri 10:45-11:30am

Tap I (ages 4-6)

A Broadway style tap class that will teach children the rhythms and styling that has made Broadway famous. This class will focus on teaching children movement, steps, balance, coordination, flexibility, and timing.

Class requirements: Students must wear tap shoes.

Location: Flaherty Park Community Center

Instructor: Jessica Marshall

Fees: \$45 per session

Jan 23-Feb 27 Fri 11:45-12:30pm

Tap II (ages 4-6)

A continuation of Tap I designed to increase knowledge of tap patterns and choreography. **Class requirements: Students must wear tap shoes. No class Apr 10.**

Location: Flaherty Park Community Center

Instructor: Jessica Marshall

Fees: \$45 per session

Mar 6-Apr 17 Fri 11:45-12:30pm

Youth Programs

Beginner Acoustic Guitar (ages 6-8)

Students will learn basic techniques, chords, and finger exercises. Class requirements: Students must bring an acoustic guitar and a pick.

Location: Flaherty Park Community Center

Instructor: Krista Pimentel

Fee: \$45 per session

Jan 24-Feb 14 Sat 10:30-11:30am

Feb 28-Mar 21 Sat 10:30-11:30am

Apr 18-May 9 Sat 10:30-11:30am



Youth Programs *continued*



Youth Golf (ages 5-11)

Participants will receive instruction in the game of golf. Learn golf rules as well as the basic fundamentals for putting and driving.

Location: Flaherty Park Community Center

Director: Tim Gupton

Fee: \$60

Apr 20-May 11 Mon 4-5pm

Kids Art (ages 6-8)

Dive into an ocean of art. Students will explore line, color, and composition through many different mediums. **No class Jan 19.**

Location: Flaherty Park Community Center

Instructor: Maureen Seltzer

Fees: \$48 per session

Jan 12-Feb 9 Mon 4:30-6pm

Feb 23-Mar 16 Mon 4:30-6pm

Apr 20-May 11 Mon 4:30-6pm

Beginner Acoustic Guitar (ages 9-12)

Students will learn basic techniques, chords, and finger exercises. **Class requirement: Students must bring an acoustic guitar and a pick.**

Location: Flaherty Park Community Center

Instructor: Krista Pimentel

Fee: \$45

Jan 24-Feb 14 Sat 11:30am-12:30pm

Feb 28-Mar 21 Sat 11:30am-12:30pm

Intermediate Acoustic Guitar Camp (ages 9-12)

Students will continue to build on technique, chords, and finger exercises. **Class requirements: Students must bring an acoustic guitar and a pick.**

Location: Flaherty Park Community Center

Instructor: Krista Pimentel

Fee: \$45

Apr 18-May 9 Sat 11:30am-12:30pm

Young Thespians Acting Workshop (ages 7-14)

Students will explore their creativity through theater. From line memorization to costume making, they will see how to go from script to stage as they develop their own production. Family and friends will be invited to "Opening Night." **No class Feb 26.**

Location: Flaherty Park Community Center

Instructor: Rhonda Felton

Fee: \$90

Jan 15-Apr 9 Thu 4:00-5:30pm

Youth Drawing and Acrylic Painting (ages 9-12)

Students will learn color, value and composition.

Location: Flaherty Park Community Center

Director: Mary Benejam

Fee: \$55 per session (plus materials)

Jan 14-Feb 18 Wed 4:15-5:15pm

Mar 4-Apr 8 Wed 4:15-5:15pm

Apr 22-May 27 Wed 4:15-5:15pm

Babysitting Boot Camp (ages 11 & older)

Learn how to react in emergency situations. Learn CPR, basic first aid, choking management, business skills, and problem-solving. No written exam will be taken for CPR certification. Bring a bag lunch.

Location: Flaherty Park Community Center

Instructor: Roxanne Knight

Fees: \$40 per session

Mar 14 Sat 10am-2pm

May 2 Sat 10am-2pm

Jun 6 Sat 10am-2pm

Youth Drawing and Acrylic Painting (ages 13-16)

Students will learn color, value and composition.

Location: Flaherty Park Community Center

Director: Mary Benejam

Fee: \$55 per session (plus materials)

Jan 14-Feb 18 Wed 5:30-6:30 pm

Mar 4-Apr 8 Wed 5:30-6:30 pm

Apr 22-May 27 Wed 5:30-6:30 pm

Youth Programs *continued*

Art of Woodcarving (ages 12-15)

Instruction will be given on carving an animal in the round using buckeye wood materials. Different types of wood-carvings and wood toxicity will be addressed. Various demonstrations on tool safety and sharpening techniques. All experience levels. ***Class requirements: Black Xacto knife or woodcarving knife.***

Location: Flaherty Park Community Center

Instructor: Fred Zinn

Fee: \$50 per session

Jan 22-Feb 26	Thu	6:30-8:30pm
Mar 12-Apr 16	Thu	6:30-8:30pm
Apr 30-Jun 4	Thu	6:30-8:30pm

Outdoor Nature Photography (ages 14 and older)

Looking to expand your capabilities and knowledge with your digital or film camera? Confused about f-stop, shutter speed, ISO and all the other terms you hear about? This class will help increase your comfort level with your equipment while learning more about composition, equipment and how to adjust for all those outdoor settings that fool an automatic light meter. This course is geared toward beginners and intermediates.

Location: Flaherty Park Community Center

Instructor: Sol Levine

Fee: \$55

Apr 21-May 12	Tue	6:30-8:30pm
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Adult Programs

Oil Painting (ages 16 & older)

Students will learn color, composition, and texture.

Location: Flaherty Park Community Center

Instructor: Mary Benejam

Fees: \$75 per session (plus materials)

Jan 13-Feb 17	Tue	10am-12:30pm
Mar 3-Apr 7	Tue	10am-12:30pm
Apr 21-May 26	Tue	10am-12:30pm

Adult Drawing (ages 16 & older)

Students will learn shape, shadow, perspective, proportion, value, and composition.

Location: Flaherty Park Community Center

Instructor: Mary Benejam

Fees: \$75 (plus materials)

Jan 14-Feb 18	Wed	1-3:30pm
Apr 22-May 27	Wed	1-3:30pm

Painting with Oils and Acrylics (ages 16 & older)

Students will learn color, composition, and texture.

Location: Flaherty Park Community Center

Instructor: Mary Benejam

Fees: \$75 per session (plus materials)

Jan 13-Feb 17	Tue	6pm-8:30pm
Mar 3-Apr 7	Tue	6pm-8:30pm
Apr 21-May 26	Tue	6pm-8:30pm

Wake Forest Quilting Friends

Location: Flaherty Park Community Center

Fees: Free and open to the public

Monthly	Last Tue	7-9pm
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Beginning Belly Dance (ages 16 & older)

Learn the exotic art of Middle Eastern dance using Egyptian style and cabaret and folkloric applications.

Location: Flaherty Park Community Center

Instructor: Agnes Wanman

Fees: \$48 per session

Jan 26-Mar 16	Mon	7:45-8:45pm
Mar 30-May 18	Mon	7:45-8:45pm

Painting with Oils and Acrylics (ages 16 & older)

Students will learn color, composition, and texture.

Location: Flaherty Park Community Center

Instructor: Mary Benejam

Fees: \$75 per session (plus materials)

Jan 14-Feb 18	Wed	10am-12:30pm
Mar 4-Apr 8	Wed	10am-12:30pm
Apr 22-May 27	Wed	10am-12:30pm

Watercolor (ages 16 & older)

Students will learn the use of materials, washes, glazes, color mixing, composition, color, and texture.

Location: Flaherty Park Community Center

Instructor: Mary Benejam

Fees: \$75 per session (plus materials)

Mar 4-Apr 8	Wed	1-3:30 pm
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Beginner Ballroom Dance (ages 18 & older)

Students will learn six major dances of American style including Fox trot, Waltz, Tango, Rumba, Cha cha, and East Coast Swing. You will also learn the basics of partnership, floor etiquette, step patterns. No partner necessary. **No class Apr 8.**

Location: Wake Forest Community House

Instructor: Jessica Marshall

Fees: \$45 per session

Jan 26-Mar 2	Mon	8:30-9:30pm
Jan 28-Mar 4	Wed	7:30-8:30pm
Mar 18-Apr 29	Wed	7:30-8:30pm

Intermediate Ballroom Dance (ages 18 and older)

No partner necessary. **No class Apr 6 and 13.**

Location: Wake Forest Community House

Instructor: Jessica Marshall

Fees: \$45 per session

Mar 16-May 4	Mon	8:30-9:30pm
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Girls Night Out Cardio Based Ballroom (ages 18 & older)

This high-energy class will use all ballroom steps and stretches to dance away unwanted pounds. Ladies only. **No class Apr 8.**

Location: Wake Forest Community House

Instructor: Jessica Marshall

Fees: \$45

Jan 28-Mar 4	Wed	8:30-9:30pm
Mar 18-Apr 29	Wed	8:30-9:30pm

Advanced Choreography Routines (ages 18 & older)

Students will use choreography skills with selected musical pieces for performance. Must have taken through advanced Ballroom Level II to participate. No partner necessary. **No class Apr 6 and 13.**

Location: Wake Forest Community House

Instructor: Jessica Marshall

Fees: \$45

Jan 26-Mar 2	Mon	7:30-8:30pm
Mar 16-May 4	Mon	7:30-8:30pm

Intermediate Belly Dance (ages 16 & older)

For students with previous instruction in Middle Eastern belly dance. Participants will continue to work on basic movements and begin learning finger cymbals and veil movements.

Location: Flaherty Park Community Center

Instructor: Agnes Wanman

Fees: \$48 per session

Jan 26-Mar 16	Mon	6:30-7:30pm
Mar 30-May 18	Mon	6:30-7:30pm



Beginner Hatha Yoga (ages 18 & older)

An introductory class guiding students of all levels through standing postures, balances, core work, and breath work. Improve your stamina, flexibility, and strength while reconnecting your mind to your body.

Class requirements: Students must bring yoga mats and straps. No class Jan 19 and May 25.

Location: Wake Forest Community House

Note: Class will meet at Flaherty Park Community Center Jan 5-14.

Instructor: Conni Sithes

Fees: \$45 per session; \$10 drop-in fee

Jan 5-Feb 16	Mon	9:45-11 am
Jan 5-Feb 16	Mon	6-7:15 pm
Mar 2-Apr 6	Mon	9:45-11 am
Mar 2-Apr 6	Mon	6-7:15 pm
Apr 20-Jun 1	Mon	9:45-11 am
Apr 20-Jun 1	Mon	6-7:15 pm

Open Vinyasa (ages 18 and older)

This mixed level class is an energetic flowing series of postures synchronized with breathing. An introduction of Hatha yoga is recommended but not required. Students will utilize basics and add inversions, arm balances, and backbends.

Class requirements: Students must bring yoga mats and straps. No class Jan 19 and May 25.

Location: Wake Forest Community House

Note: Class will meet at Flaherty Park Community Center Jan 5-14.

Instructor: Conni Sithes

Fees: \$70 per session; \$10 drop-in fee

Jan 5-Feb 18	Mon/Wed	9:45-11 am
Jan 5-Feb 18	Mon/Wed	6-7:15 pm
Mar 2-Apr 8	Mon/Wed	9:45-11 am
Mar 2-Apr 8	Mon/Wed	6-7:15 pm
Apr 20-Jun 1	Mon/Wed	9:45-11 am
Apr 20-Jun 1	Mon/Wed	6-7:15 pm

Adult Programs continued on the next page.

Adult Programs *continued*



Beginner Tae Kwon Do (ages 7 & older)

Learn martial arts skills, develop self-esteem, confidence, and respect for others.

Location: Wake Forest Community House

Note: Classes will meet at Flaherty Park Community Center Jan 6-15.

Instructor: Master Kevin Ray

Fees: \$25 per month
Weekly Tue/Thu 6:30-7pm

Advanced Tae Kwon Do (ages 7 & older)

Learn martial arts skills, develop self-esteem, confidence, and respect for others.

Location: Wake Forest Community House

Note: Classes will meet at Flaherty Park Community Center Jan 6-15.

Instructor: Master Kevin Ray

Fees: \$25 per month
Weekly Tue/Thu 7-8pm

Beginner Vocal Aerobics for Women (ages 16 & older)

Share in the fun of cappella singing in four-part harmony. Proper techniques will be stressed, including breathing exercises and fundamentals of good vocal production.

Location: Flaherty Park Community Center.

Instructor: Betty Cluett

Fee: \$40 per session
Jan 20-Feb 24 Tue 10-11am
Mar 10-Apr 14 Tue 10-11am
Apr 28-Jun 2 Tue 10-11am

CPR - BLS Heartsaver (ages 16 & older)

Learn CPR for all ages, choking management, warning signals for heart attack and stroke, and prevention of childhood accidents. Each participant receives a booklet and a course completion card.

Location: Flaherty Park Community Center

Instructor: Roxanne Knight

Fees: \$40 per session
Feb 2 Mon 6-9pm
Mar 16 Mon 6-9pm
May 4 Mon 6-9pm

Art of Woodcarving (ages 16 & older)

Students will be given instruction on carving an animal in the round, using buckeye wood materials. An explanation of different types of woodcarvings and wood toxicity will be addressed. Demonstrations on tool safety, basic sharpening techniques, and stropping to maintain a sharp blade will be emphasized. All experience levels welcome. **Class requirements: Black Xacto knife or woodcarving knife.**

Location: Flaherty Park Community Center

Instructor: Fred Zinn

Fee: \$50 per session
Jan 22-Feb 26 Thu 6:30-8:30pm
Mar 12-Apr 16 Thu 6:30-8:30pm
Apr 30-Jun 4 Thu 6:30-8:30pm

Beginner Line Dancing (ages 18 & older)

Learn line dances to country and rock 'n roll music. New and returning students are welcome. Participants will learn basic dancing, advancing each week with new line dances. No partner necessary.

Location: Flaherty Park Community Center

Instructor: Ronnie Pignataro

Fees: \$60
Feb 4-Apr 8 Wed 7-8pm



One-Day Workshops

Caring Hearts (ages 3-5)

Students will enjoy learning about Valentine's Day by making their own cards and gifts for their loved ones. Please bring a snack.

Location: Flaherty Park Community Center

Instructor: Maureen Seltzer

Fee: \$15

Feb 7 Sat 10am-Noon

Valentine Factory Workshop (ages 6-8)

Come and enjoy learning about printmaking as we make many homemade cards to give out for Valentine's Day. Please bring a snack.

Location: Flaherty Park community Center

Instructor: Maureen Seltzer

Fee: \$15

Feb 14 Sat 10am-Noon

Eggadventure (ages 3-5)

Enjoy making crafts for the Easter Holiday, and exploring adventures through story telling. Bring a snack.

Location: Flaherty Park Community Center

Instructor: Maureen Seltzer

Fee: \$15

Apr 4 Sat 10am-Noon

Jewelry Creations Workshop (ages 10-15)

Learn how to create many different accessories from clay beads, crystals, silk flowers and more. Take your treasures home in a special jewelry box of your own creation.

Location: Flaherty Park Community Center

Instructor: Rhonda Felton

Fee: \$30 (includes materials)

Jan 31 Sat 10am-Noon
Feb 28 Sat 10am-Noon
Mar 28 Sat 10am-Noon

Jewelry Creations Workshop - Beginners (ages 16 & older)

Learn how to create many different accessories from clay beads, crystals, silk flowers and more.

Location: Flaherty Park Community Center

Instructor: Rhonda Felton

Fee: \$30 (includes materials)

Jan 31 Sat 1-4pm

Jewelry Creations Workshop

Beginners/Intermediate (ages 16 & older)

Learn how to create many different accessories from clay beads, crystals, silk flowers and more.

Location: Flaherty Park Community Center

Instructor: Rhonda Felton

Fee: \$30 (includes materials)

Feb 28 Sat 1-4pm
Mar 28 Sat 1-4pm

Jewelry Creations Workshop-Advanced (ages 16 & older)

Learn how to create many different accessories from clay beads, crystals, silk flowers and more.

Location: Flaherty Park Community Center

Instructor: Rhonda Felton

Fee: \$30 (includes materials)

May 16 Sat 1-4pm

Create a Balanced Life (ages 18 & older)

Students will learn ways to manage stress, maintain a positive attitude, and begin an exercise program. Each person will develop a self-care plan. This course is a combination of lecture, group discussion, and low-intensity activities.

Location: Flaherty Park Community Center

Instructor: Heather Brewer, LCSW, ACSM, Certified Exercise Specialist

Fee: \$50 per session

Jan 10 Sat 10am-1pm
Mar 21 Sat 10am-1pm

Birdhouse Decorating Workshop (ages 16 & older)

Paint and decorate a birdhouse for Spring or create your very own holiday gift. Materials provided.

Location: Flaherty Park Community Center

Instructor: Mary Benejam

Fee: \$30 per session

Mar 28 Sat 10am-1pm

Impressionist Painting Workshop (ages 16 & older)

Participants will complete an impressionist painting in one afternoon.

Location: Flaherty Park Community Center

Instructor: Mary Benejam

Fees: \$70 (includes all materials)

Jan 24 Sat 10am-4pm
Apr 25 Sat 10am-4pm
May 16 Sat 10am-4pm

Youth Athletic Programs

First-Time Participants

A copy of the participant's birth certificate must be presented with the registration form.

Returning Participants

A copy of the participant's birth certificate must be filed with the Wake Forest Parks & Recreation Department along with the registration form.

Incomplete registration forms will not be accepted and a copy of the birth certificate is only required once.

Baseball, Softball, T-Ball (boys ages 5-17, girls ages 5-15)

League drafts/team placement will begin in April. Team practices begin in May; games are played May-July. League age is determined by participant's age on April 30, 2009.

Fees: \$40 (residents); \$80 (non-residents)

Note: Residents must reside within Town limits.

Registration: Feb. 2-27

Dream League Baseball

(special-needs children ages 5-18)

League plays on Saturday mornings from late April to early June.

Fees: \$40 (residents); \$80 (non-residents)

Note: Residents must reside within Town limits.

Registration: Feb. 2-27

Pepsi Pitch, Hit, and Run (boys and girls, ages 7-14)

The event will take place on Sunday, Apr 26 at 3 pm.

Location: J.B. Flaherty Park

Fees: None

Registration Deadline: Apr 17



Adult Athletic Programs

Men's Recreational Softball League

League play begins the week of March 9. Games will be played on Monday and Wednesday evenings. The league is limited to "E" and lower-classified teams.

Fees: \$550 per team

Registration: Feb 2-20

Men's Church Softball League

League play begins the week of March 9. Games will be played on Tuesday and Thursday evenings.

Fees: \$550 per team

Registration: Feb 2-20

Co-Rec Church Softball League

League play begins the week of July 13. Games will be played on Tuesdays, Thursdays, and Saturdays.

Fees: \$550 per team

Registration: Jun 8-26



League Age Chart

LEAGUE AGE CHART (April 30, 2009)

MATCH MONTH (TOP LINE) WITH YEAR OF BIRTH- LEAGUE AGE INDICATED IN LAST COLUMN

MAY	JUNE	JULY	AUG	SEP	OCT	NOV	DEC	JAN	FEB	MAR	APR	AGE
2003	2003	2003	2003	2003	2003	2003	2003	2004	2004	2004	2004	5
2002	2002	2002	2002	2002	2002	2002	2002	2003	2003	2003	2003	6
2001	2001	2001	2001	2001	2001	2001	2001	2002	2002	2002	2002	7
2000	2000	2000	2000	2000	2000	2000	2000	2001	2001	2001	2001	8
1999	1999	1999	1999	1999	1999	1999	1999	2000	2000	2000	2000	9
1998	1998	1998	1998	1998	1998	1998	1998	1999	1999	1999	1999	10
1997	1997	1997	1997	1997	1997	1997	1997	1998	1998	1998	1998	11
1996	1996	1996	1996	1996	1996	1996	1996	1997	1997	1997	1997	12
1995	1995	1995	1995	1995	1995	1995	1995	1996	1996	1996	1996	13
1994	1994	1994	1994	1994	1994	1994	1994	1995	1995	1995	1995	14
1993	1993	1993	1993	1993	1993	1993	1993	1994	1994	1994	1994	15
1992	1992	1992	1992	1992	1992	1992	1992	1993	1993	1993	1993	16
1991	1991	1991	1991	1991	1991	1991	1991	1992	1992	1992	1992	17

baseball (m)	AGE	softball (f)
ball	5 coed	ball
ball	6 coed	ball
coach pitch	7 coed	coach pitch
coach pitch	8 coed	coach pitch
minor league (machine pitch)	9	minor league (machine pitch)
minor league (machine pitch)	10	minor league (machine pitch)
little league (11-12)	11	little league (11-12)
little league (11-12)	12	little league (11-12)
junior league (13-14)	13	junior league (13-15)
junior league (13-14)	14	junior league (13-15)
senior league (15-17)	15	junior league (13-15)
senior league (15-17)	16	
senior league (15-17)	17	

Adult Team Registration Form

Team Name: _____ **League:** _____

Player Affidavit: Each player must read the following statement and sign the roster form before participating. Incomplete rosters will not be accepted. I understand that by signing this roster I cannot play on another team in the same league, agree to abide by rules and regulations as set by WFPD, and have read and understand each provision of the Waiver, Release of Liability and Indemnification Agreement on this form and agree to abide by them, and certify that the information provided is correct.

	Player Name (PRINTED)	Address include street, city, and ZIP	Home Phone	Work Phone	Signature
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
13					
14					
15					
16					
17					
18					
19					
20					

MANAGER (name & address): _____

TELEPHONE: _____ (day) _____ (home) **EMAIL:** _____

I certify that the information given above is correct to the best of my knowledge. In addition, I verify that I am aware that it is my responsibility to inform my team members of the rules and regulations of the Wake Forest Parks and Recreation Adult Softball League.

Manager's Signature/Date: _____

Waiver, Release of Liability and Indemnification Agreement: By signing this document, I hereby absolve the Town of Wake Forest and any individuals, groups, or organizations officially connected in any manner with the above-stated program of all liabilities including equipment loss, property damage, personal injury, or death. Such absolution is to be binding when the above individuals are acting within the scope of the activity. I hereby accept the supervision, facilities, and equipment as being satisfactory for the league named above. I understand that insurance coverage is my responsibility, and that I have read and agree to the terms stated above. I understand that my likeness may be captured by the Town of Wake Forest for use in promotional news or informational media and that my participation implies my consent.

Registration Form ▶ Please complete one form per person. Make copies as necessary.

Are you a Wake Forest Resident? Yes / No Gender M F Date of Birth _____ Age _____

Last Name _____ First Name _____

Address _____ City _____ State _____ Zip _____

Home Phone _____ Email Address (Optional) _____

☐ I would like to receive occasional email communications about Town of Wake Forest programs, services & special events. By agreeing to receive email communications about Town of Wake Forest programs, services & special events, I understand my email address WILL NOT be disclosed to any other organization and I may unsubscribe to the service at any time.

FOR ATHLETIC LEAGUES AND SUMMER SPORTS CAMPS REGISTRANTS ONLY: School _____ Grade _____

Father's Name _____ Day Phone _____ Mother's Name _____ Day Phone _____

Jersey Size (circle): Youth M Youth L Adult S Adult M Adult L Adult XL

Pants Size (circle): Youth M Youth L Adult S Adult M Adult L Adult XL

COACHING VOLUNTEERS (head coach) Dad Mom Both

Name(s) of sibling(s) in same age group/league, if any _____

Parent/Guardian Name(s) _____ (H) Phone _____ (W) Phone _____

Emergency Contact _____ (H) Phone _____ (W) Phone _____

Special Needs: The Wake Forest Parks & Recreation Department will attempt to provide reasonable accommodations for program participants when the need for accommodation is requested well in advance. To insure a medically safe and appropriately planned program, please list any special need or precaution which may require program accommodations for participating (i.e., visual or hearing impairment, mental or physical disability, heart condition, history of seizures, asthma, ADD, etc)

Physician Name _____ Phone _____

Known Allergies _____

Current Medications _____

Program Title	Starting Date	Day	Time	Fee

Parent/Guardian and Adult Participation Agreements: I, _____ (parent/guardian), do

hereby give my permission for _____ (participant) to participate in the program offered

by the Wake Forest Parks & Recreation Department known as _____.

By signing this document, I hereby absolve the Town of Wake Forest and any individuals, groups, or organizations officially connected in any manner with the above stated program of all liabilities concerning personal injury, property damage, equipment loss, or death. I realize that transportation to and from the program is my responsibility, and that if anyone connected with the program transports my child on my behalf, I will hold the party/parties involved blameless of any accident or injury that may occur. Such absolution is to be binding when the above individuals are acting within the scope of the activity. I hereby accept the instructor, supervision, facilities, and equipment, as being satisfactory for the program activity named above. I understand that insurance coverage is my /our responsibility, and I/we certify that I/we have read and agree to the terms stated above and that all information provided is correct to the best of my/our knowledge.

Photo Release: Your likeness may be captured by the Town of Wake Forest for use in promotional, news, or informational media. Your participation in this activity implies your consent. If you do not wish for your photo to be used, please contact the Parks & Recreation Department at (919) 554-6180.

Refund Policy: Class fees and athletic fees are 100% refundable when the class or league is canceled by the Wake Forest Parks & Recreation Department. Anyone wishing to withdraw from a class that has not been cancelled by the Wake Forest Parks & Recreation Department must request a refund, in writing, at least five business days in advance before the scheduled start of the class or first practice. Refunds will not be given for withdrawals made less than the five working day period other than for verified medical/hardship cases.

Non-Discrimination Policy: The Wake Forest Parks & Recreation department does not discriminate on the basis of race, color, national, origin, sex, religion, age, sexual orientation or disability in employment opportunities or the provision of services, programs, or activities. A participant alleging discrimination on the basis of any of the aforementioned areas may file complaint with the Director of the Wake Forest Parks & Recreation Department or the Office of Equal Opportunity, US Department of the Interior, Washington, DC 20240.

Registration Process: Complete and sign registration form
Return form and full payment by mail or in person.
401 Elm Avenue, Wake Forest, NC 27587

Total Enclosed: \$ _____
Make check or money order payable to:
Town of Wake Forest

Parent/Guardian/Adult Participant Signature _____ Date _____

REGISTRATION FOR ATHLETIC PROGRAMS WILL BE ACCEPTED ONLY DURING ADVERTISED REGISTRATION PERIODS!
NEW PARTICIPANTS MUST PRESENT A BIRTH CERTIFICATE ALONG WITH THE REGISTRATION FORM IN ORDER FOR THE REGISTRATION TO BE PROCESSED.

OFFICE USE ONLY

Date Received _____ Fee Paid _____ Received By _____

Cash Check _____ Birth Certificate Attached On File

New Participant Returning Participant



**Town of Wake Forest
Parks & Recreation Department
401 Elm Avenue
Wake Forest, NC 27587**

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